

VA**U.S. Department
of Veterans Affairs**

News Release

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WASHINGTON – The Department of Veterans Affairs is once again hosting a nationwide 2K “Walk and Roll” event at more than 170 VA sites across the nation on May 15 to coincide with National Employee Health and Fitness Day. The event will also encourage employee and local community support of homeless Veterans.

“This third annual VA2K is an opportunity to not only promote employee health but also show the commitment of VA employees to ending Veteran homelessness in 2015. Last year, more than 22,000 employees participated and VA collected donated goods estimated at \$240,000 for homeless Veterans,” said Secretary of Veterans Affairs Eric K. Shinseki. “I am proud of all VA employees who participated in the past and challenge even more individuals to walk or roll in support of homeless Veterans.”

VA’s employee wellness program is known as WIN (Wellness Is Now). WIN empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. Further, WIN encourages employees to use their appreciation of wellness to inspire Veterans to have healthier lifestyles.

WIN integrates traditional occupational safety and health programs with health promotion activities, addressing both workplace and worker health. Through this program staff find opportunities to embrace healthy and positive lifestyle choices that sustain and improve their own health, reduce preventable injuries and illnesses, reduce absenteeism and enable them to do their important work of serving the nation’s Veterans.

Email AskVHAEmployeeewellness@va.gov to find out if your VA facility is hosting a 2K event. VA facilities can be located by visiting www.va.gov/directory.

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